Women’s Health Resource Center

UCSF is the only nationally designated Center of Excellence in Women’s Health in Northern California.

We are dedicated to transform health, improving lives and serve as a model of women’s health by providing innovative services through research, preventive and therapeutic care, and community and patient education. We engage women at every stage of life, from adolescence to menopause and beyond.

Our UCSF National Center of Excellence in Women’s Health, Women’s Health Resource Center (WHRC) supports women and their families in making informed decisions about their health and encourages them to become active partners in their care. Come visit us at our Mission Bay or Mount Zion locations and enjoy reading, browsing or just relaxing in our comfortable environment.

Great Expectations Pregnancy Program

The WHRC Great Expectations Pregnancy Program is designed to provide a continuum of educational and support services to prepare you for pregnancy, birth and parenting.

- Baby care products
- Birth Center tours
- Breastpump rentals
- Classes
- Lactation supplies

For more information, to sign up for classes, or if you have questions about preparation for birth and parenting, call us at (415) 353-2667. We are always happy to talk with you.

New site experience this summer womenshealth.ucsf.edu/whrc/

Classes fill up, register early.
Call us or pay online: whrportal.ucsf.edu/whrcmember
**Great Expectations classes 2017**

**Birth Center Tour**
Learn about the facilities and the practical aspects of arriving at the hospital when you are in labor. Tours are approximately one hour. Sign up well in advance as tours fill up quickly.

*Register early!* Call (415) 353-2667 to register or to sign up on-line, visit: whrcreport.ucsf.edu/whrcmember.

*Tours are elective and not mandatory. Alternatively, view the video at:* [whrc.uscf.edu/whrc/birth_center_tour2016](http://whrc.uscf.edu/whrc/birth_center_tour2016)

*Fee:* No charge, One session, Tuesday, Thursdays 5:00 pm

*Note:* Tour dates and times are subject to change. *No drop-ins, please.*

**Childbirth Preparation: Intensive**
A one-day workshop designed to give participants the basic tools and information for preparing for birth. This class incorporates all information from the Childbirth Preparation: Integrated Methods class into an accelerated format.

*Fee:* $180, One session class, 9:30 am-4:30 pm

**Pain Relief & Labor**
Learn about the pain medication options available to assist you during labor and childbirth. Discuss your concerns or questions with a UCSF Anesthesiologist.

*Fee:* No charge, One session, 7:00-8:30 pm

**Parenting/Baby Care**
Parenting during the first few months: Basic Baby Care with a new baby
This workshop offers basic techniques to care for your newborn and emphasizes postpartum care for mom. Learn about newborn characteristics, infant milestones, bathing, hygiene, diapers, diapering, crying, comforting, sleep and recognizing the signs of illness.

*Fee:* $90 per series, Two-part series 6:30-9:00 pm or all day on Saturday or Sunday, 9:30 am-2:30 pm

*All classes and programs are facilitated by specialists, certified and trained educators and nurses.*

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**Centering Pregnancy Program**
UCSF is introducing an exciting new way to care for women during their pregnancy. In Centering Pregnancy® prenatal groups, women:

- Spend quality time with their health provider, up to two hours.
- Discuss health concerns and expectations in a supportive setting.
- Enjoy healthy snacks and refreshments.

Topics include: Nutrition, Fetal Development, Comfort Measures, Exercise & Relaxation, Infant Care & Breastfeeding, Sexuality, Childbirth Preparation, Communication & Self Esteem, Postpartum Issues, Parenting, and much more.

To learn more and join a group, contact the Centering Pregnancy Coordinator at: centeringpregnancy@ucsf.edu.

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**UCSF Employee Discount**
All UCSF badge wearers (staff, students, faculty, etc.) receive a special 15% discount on our products, including books and lactation supplies (discount excludes classes, breastpump rentals and library memberships).
Infant Nutrition
Breastfeeding Basics (B)
Learn about breast physiology, milk production, let-down, latch-on and positioning. This class teaches participants how to overcome breastfeeding challenges, problem solving and establishing a successful breastfeeding relationship right from the start. Support persons are encouraged to attend.
Fee: $50, One session class, 6:30-9:00 pm*

Breastfeeding & Returning to Work (RW)
This class teaches practical tips and advice on continuing to breastfeed your baby while working. Topics include preserving a breastfeeding relationship, choosing a breastpump, storing/collecting/transporting breastmilk, problem solving, and more. Support persons are encouraged to attend.
Fee: $40, One session class, 6:30-8:30 pm*

Breastfeeding Basics & Returning to Work (Intensive)
Learn about breast physiology, milk production, let-down, latch-on and positioning. This class teaches participants how to overcome breastfeeding challenges, problem solving and establishing a successful breastfeeding relationship right from the start. This class will also touch on practical tips and advice on continuing to breastfeed your baby while working. Topics include preserving a breastfeeding relationship, choosing a breastpump, storing/collecting/transporting breastmilk, problem solving, and more. Support persons are encouraged to attend.
Fee: $90, all day on Saturday or Sunday, 9:30 am-2:30 pm*

Breastfeeding Twins or More
This class is designed to prepare expectant mothers on how to confidently breastfeed multiples. Learn practical tips and special considerations for nursing twins or more including latch-on, positioning, establishing a plentiful milk supply, and overcoming breastfeeding challenges.
Fee: $55, One session class, 6:00-9:00 pm*

Infant CPR
Learn vital skills to handle an emergency. This class covers recognizing an infant or child in distress, performing emergency measures to relieve airway obstruction in a choking infant or child, performing CPR on an infant or child who is not breathing or is without a heartbeat, and identifying risks of preventable infant and childhood injuries. This is a great class for parents, family members and childcare providers.
Note: This is not a CPR Certification course.
Fee: $110, One session class, 11:00 am-1:30 pm

Infant Massage – Pre Delivery
Learn playful stretches and soothing ways to communicate with touch that will benefit the physical and emotional health of your infant. This class will cover massage techniques that can help regulate sleep for your infant and help alleviate the physical discomforts of colic, gas, and congestion. Learn how to attune to the body language cues of your baby so that you can feel more confident and self-assured in your responses as a parent.
Fee: $50, One session class, 11:00 am-1:00 pm

*Participants receive a $25 discount on breastpump purchases at the UCSF Women's Health Resource Center. Please mention discount at the time of purchase.

UCSF MILK Support Group
Mother & Infant Lactation Cooperative-MILK
Provides comprehensive lactation services for mother and baby at Mount Zion. Babies ranging in age from newborn to six months old are welcome. Share your experiences and learn how other mothers are adjusting to the demands of motherhood. Get your questions answered with evidence-based lactation information. Facilitated by Holly Coates-Bash, MSW, IBCLC.
Fee: No charge, Tuesdays/Fridays, 11:30 am-1:30 pm
Mount Zion, 2356 Sutter Street, J108
Pre-register today, call (415) 353-2667 or visit us online. Space is limited. No drop-ins.

“Before attending the group, all I knew is that I wanted to breastfeed... I came for the first time with my 5-day old baby and attending the group not only increased my confidence in breastfeeding, but transformed my transition into motherhood.”
MILK participant

UCSF Lactation Program
The Lactation Program provides women and their families with supportive education and advice about breastfeeding. Once you are discharged, lactation support continues with available clinic appointments with a lactation consultant and referrals to our physicians and midwives as needed.
Please call (415) 353-2566 for more information.
## Fitness during Pregnancy
### Prenatal Yoga
In prenatal yoga, the poses are specifically designed to alleviate common pregnancy discomforts such as back pain, nausea and fatigue while strengthening the body and increasing the flow of circulation.
Pre-registration is recommended. The class is led by Melissa Whippo, LCSW.
Mission Bay campus in the Betty Irene Moore Women’s Hospital, 1855 4th St./16th St., Ste. A3473 (3rd floor).

**Fee:** $15, One session class, 12:00-1:00pm (1st and 3rd Thursday of the month)

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### Other Programs and Groups
#### Mindfulness-Based Childbirth and Parenting (MBCP)
The UCSF National Center of Excellence in Women’s Health in collaboration with the Osher Center for Integrative Medicine is currently offering Mindfulness-Based Childbirth and Parenting Education (MBCP). The MBCP Program is an invitation to begin or deepen the practice of mindfulness for meeting the profound changes in our bodies and minds during pregnancy, childbirth and parenting.

The MBCP Program was developed by Nancy Bardacke, CNM, author of Mindful Birthing: Training the Mind, Body and Heart for Childbirth and Beyond. It is a nine-week course that integrates childbirth education with stress reduction, pain coping, and parenting skills. It includes an all-day session after the sixth week and a reunion after the birth.

**Fee:** UCSF Discount for Faculty/Staff/Students: $531 per couple, $265.50 per single
$630 per couple, $335 per single with mindful-birthing book, workbook and two audio CD’s. $40 for materials.

Other Programs and Groups
- **The Mind in Labor: Working with Pain in Childbirth:**
  - **A three-day mind/body skills workshop**
  - Friday/Saturday/Sunday
  - Fri-6:45-9:45 pm, Saturday-9:30 am-4:30 pm, Sunday-10:00 am-5:00 pm
  - Based on the mind/body skills and meditation practices outlined in the award-winning book Mindful Birthing by Nancy Bardacke, CNM, this will be a weekend for looking deeply at pain and fear during childbirth and for cultivating tools to work with them in the process of giving birth.

  The workshop is an excellent complement to any childbirth education class, including refresher classes. It can be helpful for those who anticipate a birth experience that needs special medical attention or who have had a difficult previous birth experience.

  - **Osher Center for Integrative Medicine**, 1545 Divisadero Street (at Post)
  - **Fee:** $385 per couple, $192.50 per single. Partners are encouraged to attend.

  - **Osher Center for Integrative Medicine**, Mount Zion: 1545 Divisadero Street (at Post).
  - For more information or to register, please call (415) 353-7718 or visit www.osh.uiucsf.edu.

**Marin Parents Of Multiples Club**
- **www.mpomc.org**

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Classes fill up, sign up early!

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<table>
<thead>
<tr>
<th>SUN 1</th>
<th>MON 2</th>
<th>TUE 3</th>
<th>WED 4</th>
<th>THU 5</th>
<th>FRI 6</th>
<th>SAT 7</th>
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</thead>
<tbody>
<tr>
<td>Infant CPR (Intensive) 9:30 MB</td>
<td>Breastfeeding (B) 6:30 MB</td>
<td>MILK 11:30 MB</td>
<td>Pain Relief &amp; Labor 7:00 MB</td>
<td>Prenatal Yoga 12:00 MB</td>
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<td>Childbirth (Intensive) 9:30 MB</td>
</tr>
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<td>Infant CPR 11:00 MB</td>
<td>Infant Massage</td>
<td>Birth Center Tour 5:00 MB</td>
<td>Childbirth Prep 1 6:30 MB</td>
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<td>Birth Alternatives 1 6:30 SERR</td>
<td>Saturday Birth Center Tours</td>
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</tbody>
</table>
Classes fill up, sign up early!

NOVEMBER

THU 2
Childbirth Prep 12:00 MB
Birth Center Tour 5:00 MB
New Nest 2 6:00 MB
Birth Alternatives 1 6:00 MB
Parenting 1 6:30 MB

FRI 3
MILK 11:30 MB
Childbirth (Intensive) 9:30 MB

SAT 4
Breastfeeding (Intensive) 9:30 MB
Saturday Birth Center Tours available each month, must call to register!

SUN 5
Infant CPR 11:00 MZ
Infant Massage
Newborn 11:00 MB

WED 1
Childbirth Prep 1 6:30 SERR

TUE 7
The Afterglow 4 10:30 MB
MILK 11:30 MB
Birth Center Tour 5:00 MB
Childbirth Prep 1 6:30 MB

WED 8
Childbirth Prep 2 6:30 SERR Parenting 1 6:30 MB

THU 9
Birth Center Tour 5:00 MB
New Nest 3 6:00 MB
Birth Alternatives 2 6:00 MB
Parenting 2 6:30 MB

FRI 10
Veteran's Holiday

SAT 11
Childbirth (Intensive) 9:30 MB

DECEMBER

FRI 1
MILK 11:30 MB

SAT 2
Childbirth (Intensive) 9:00 MB
Parenting 9:30 MB
Saturday Birth Center Tours available each month, must call to register!

SUN 3
Parenting 9:30 MB
Infant CPR 11:00 MZ

MON 4
Childbirth Prep 1 6:00 MB
Breastfeeding (B) 6:30 MB

TUE 5
MILK 11:30 MB
Birth Center Tour 5:00 MB

WED 6

THU 7
Prenatal Yoga 12:00 MB
Birth Center Tour 5:00 MB
Childbirth Prep 1 6:00 MB
Expecting Twins 6:00 MB

FRI 8
MILK 11:30 MB

SAT 9
Breastfeeding (Intensive) 9:30 MB
Childbirth (Intensive) 9:30 SERR
Parenting 9:30 MB

SUN 10
Infant Massage
Pre-Delivery 11:00 MZ

MON 11
Childbirth Prep 2 6:00 MB
Breastfeeding (B) 6:30 MB

TUE 12
MILK 11:30 MB
Birth Center Tour 5:00 MB
Breastfeeding Twins 6:00 MB

WED 13

THU 14
Birth Center Tour 5:00 MB
Childbirth Prep 2 6:00 MB

FRI 15
MILK 11:30 MB

SAT 16

SUN 17
Breastfeeding (Intensive) 9:30 MB
Parenting 9:30 SERR
Infant CPR 11:00 MZ

MON 18
Childbirth Prep 3 6:00 MB

TUE 19
MILK 11:30 MB
Birth Center Tour 5:00 MB

WED 20

THU 21
Prenatal Yoga 12:00 MB
Birth Center Tour 5:00 MB
Childbirth Prep 3 6:00 MB

FRI 22
MILK 11:30 MB

SAT 23

SUN 24
Christmas Holiday

MON 25

TUE 26
UCSF Holiday

WED 27
Pain Relief & Labor 7:00 MB

THU 28
Birth Center Tour 5:00 MB

FRI 29
Birth Center Tour 5:00 MB

SAT 30

Afterglow gives me a safe place to share feelings and thoughts during postpartum. It’s a space where moms get together in an environment led by compassionate and qualified professionals; a time where I don’t feel isolated with what I’m going through, good or bad, which carries me through the rest of the week.

--Great Expectations participant
Breastpump Sales Program

For women who prefer to purchase a breastpump, the Great Expectations Pregnancy Program (at Mount Zion location only) sells an Ameda and Medela pump to accommodate your need. Ask us about new innovations in pumping and other products that may be available. We also have a variety of replacement pieces for Medela and Ameda pumps. Breastpumps cannot be returned. Specific products and their prices are listed below. All prices are subject to change and do not include sales tax.

UCSF does NOT work with insurance companies on reimbursements for pumps, (purchase or rental pumps) and lactation visits. Please check with your health care provider for reimbursement or discount information.

Breastfeeding class participants are eligible for a $25 discount on select breastpump purchases!

Ameda Purely Yours Ultra | $299
CustomControl™—Dual suction and speed adjustability allows moms to choose from a total of 32 combinations to customize your pumping experience. The Purely Yours Ultra also features the CustomFit Flange System because flange fit can change with birth, breastfeeding and pumping. The three most popular flange sizes are included, ensuring a good flange fit as long as you continue to pump. All pieces are included.

Medela Pump In Style Advanced Metro Bag | $359
Portable breastpump with breakthrough Natural Expression pumping for maximum milk flow. Natural Expression is an advanced pumping pattern that mimics a baby’s nursing distinct modes, including a let-down and expression mode. Includes stylish backpack or metro baby option that contains everything you need to pump.

“*Medela product images used with permission of Medela, Inc., McHenry, IL

Try one and SAVE!

Basic Pregnancy Package

The Basic Pregnancy Package combines the most popular classes into a valuable package, providing savings and the essential classes every parent needs.

The package includes three classes:
- Childbirth Preparation: Integrated Methods or Birth Alternatives
- Breastfeeding Basics (B) and Breastfeeding & Returning to Work (RW)
- Parenting During the First Few Months

Comprehensive Pregnancy Package

The Comprehensive Pregnancy Package integrates fundamental education for birthing, lactation and newborn care. This package is similar to the basic pregnancy package but incorporates the accelerated one-day childbirth class in place of a childbirth series.

The package includes three classes:
- Childbirth Preparation: Intensive
- Breastfeeding Basics (B) and Breastfeeding & Returning to Work (RW)
- Parenting During the First Few Months

Deluxe Pregnancy Package

The Deluxe Pregnancy Package features all classes that prepare expectant parents for the birth experience, the first few weeks and beyond, including nursing. This package features:
- Childbirth Preparation: Integrated Methods or Birth Alternatives
- Breastfeeding Basics (B) and Breastfeeding & Returning to Work (RW)
- Parenting During the First Few Months
- Infant CPR

Twins or More Class Package

- Expecting Twins or More
- Breastfeeding Twins or More
- “Mothering Multiples” by Karen Kerkhoff Gromada

Infant Massage Package

- Infant Massage Pre-Delivery
- Infant Massage with Newborn

UCSF does NOT work with insurance companies on reimbursements for pumps, (purchase or rental pumps) and lactation visits. Please check with your health care provider for reimbursement or discount information.

Breastfeeding class participants are eligible for a $25 discount on select breastpump purchases!

Class Packages

All prices are subject to change and do not include sales tax.

We recommend that you sign up EARLY around 20 weeks for these classes and fees are priced for two people.

Visit our new website, womenshealth.ucsf.edu/whrc

*Medela product images used with permission of Medela, Inc., McHenry, IL

“...from the tour of the facilities—to checking in at the lactation clinic -- thank you! A friend is looking for prenatal care and I have been singing the praises of UCSF. I thought she’d be in great hands with you!”

Great Expectations participant
Breastpump Rentals

Hospital-grade electric pumps are available for use during your hospital stay and for rent once you leave the hospital.

All rentals require a $50 credit card deposit for security and cleaning which will be charged at the time of rental. The breast pump must be thoroughly cleaned and in good condition upon return to be refunded the $50 deposit. For questions about pumps/pump availability, please call Great Expectations at (415) 353-2667 or (415) 514-2670.

Rental fees do not include deposit or purchase of any accessories.

### Ameda Elite

Ameda Elite has separate vacuum and cycle dials that lets mothers “follow their flow” to find their own most effective pump settings every time. It is convenient to carry and easy to clean and operate. It can be used for single or double pumping.

**Weekly Rentals**

$18.75 plus tax per week

**Monthly Rentals**

$75.00 plus tax per month

### Ameda Platinum

Ameda Platinum has separate, soft-touch, push-button vacuum and cycle controls, so it does not make decisions for mothers or limit their choices. Well-lit LCD displays include a timer that makes following pumping protocols easier day and night.

**Weekly Rentals**

$20.00 plus tax per week

**Monthly Rentals**

$80.00 plus tax per month

### Medela Symphony

The first breastpump with 2-Phase Expression® technology which is proven to achieve faster milk ejection and faster milk flow.* It is efficient and comfortable with unique overflow protection. Features double or single pumping, one knob control and whisper quiet operation.

**Weekly Rentals**

$18.75 plus tax per week

**Monthly Rentals**

$75.00 plus tax per month

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**Pumps returned early will not receive a pro-rated refund.**

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**Frequently Asked Questions**

**When should I take classes?**

**During Pregnancy:**

- Birth Center tours can be taken anytime during pregnancy, although we recommend you take a tour 34 weeks and beyond. Note: The tours book early, sign up well in advance of your due date.
- Childbirth Classes/Parenting/Breastfeeding/Pain Relief (28 weeks and beyond)
- Expecting Twins/Breastfeeding Twins (20 weeks and beyond)
- Prenatal Yoga
- The New Nest/Infant Massage (Pre-Delivery)/Infant CPR (20 weeks and beyond)

**After Delivery:**

- Infant Massage with Newborns (Babies 2 weeks to 10 months)
- The Afterglow/MILK Lactation Support Group (Babies up to 6 months)

**When should I register for classes?**

Classes fill up 2-3 months before the start date. Childbirth, Breastfeeding and Parenting one-day/weekend classes and Birth Center Tours are first to fill up. Please sign up well in advance.

**When do I pay for classes?**

You must register for all programs in advance and payment is required at the time of registration. Register and pay online at https://whrcportal.ucsf.edu/whrcmember OR call (415) 353-2667.

**What is the policy for rescheduling classes?**

Due to the high demand, classes fill up quickly. All clients must cancel or reschedule no later than three full working days (72 hrs) before the date of the class.

**What is the policy for cancellations?**

Class cancellations must be made three full working days (72 hours) before the date of the class in order to receive a full refund. Additionally, if a cancellation is made less than three days (72 hours) prior to the class, a one-time $25 registration fee will be charged per class.

**How do I register?**

Register and pay online at https://whrcportal.ucsf.edu/whrcmember OR call (415) 353-2667. Come in person to the UCSF Women's Health Resource Center, at Mount Zion: 2356 Sutter Street, First Floor, Suite J112 San Francisco, CA 94115 or Mission Bay: 1855 4th Street, Suite A3471

**What forms of payment are accepted?**

You may pay by credit card online or over the telephone (Visa, MasterCard, Discover, or American Express are accepted).

**Are classes, pump rentals or pump purchases reimbursed by my insurance?**

Great Expectations does NOT work with insurance companies. Please check with your health insurance provider for reimbursement or discount information.

**Can my support person also attend the class?**

Yes. UCSF’s Great Expectations Program encourages support persons to attend classes. ALL class fees include two (2) people. If you have more than one support person, they will need to pay for an additional enrollment.

**Are nursing (or other students) allowed to observe a childbirth class?**

Yes. There is a $40 fee per class. Two students maximum are allowed to observe any class. Please call UCSF Great Expectations at (415) 353-2667 to reserve a spot. Please have class date and registration fee payment ready at the time of enrollment.

**Disclaimer:** Due to instructor illness or circumstances beyond our control, UCSF Great Expectations Pregnancy Program reserves the right to reschedule or cancel scheduled classes. We are committed to your health care education and will make every effort for you to make-up your cancelled class. Participants will be given notice by UCSF Great Expectations Pregnancy Program within a 48-hour period regarding a make-up session or refund.

Where can I get more information?

Please contact us at (415) 353-2667 or (415) 514-2670 for more information or visit whrc.ucsf.edu/whrc/.